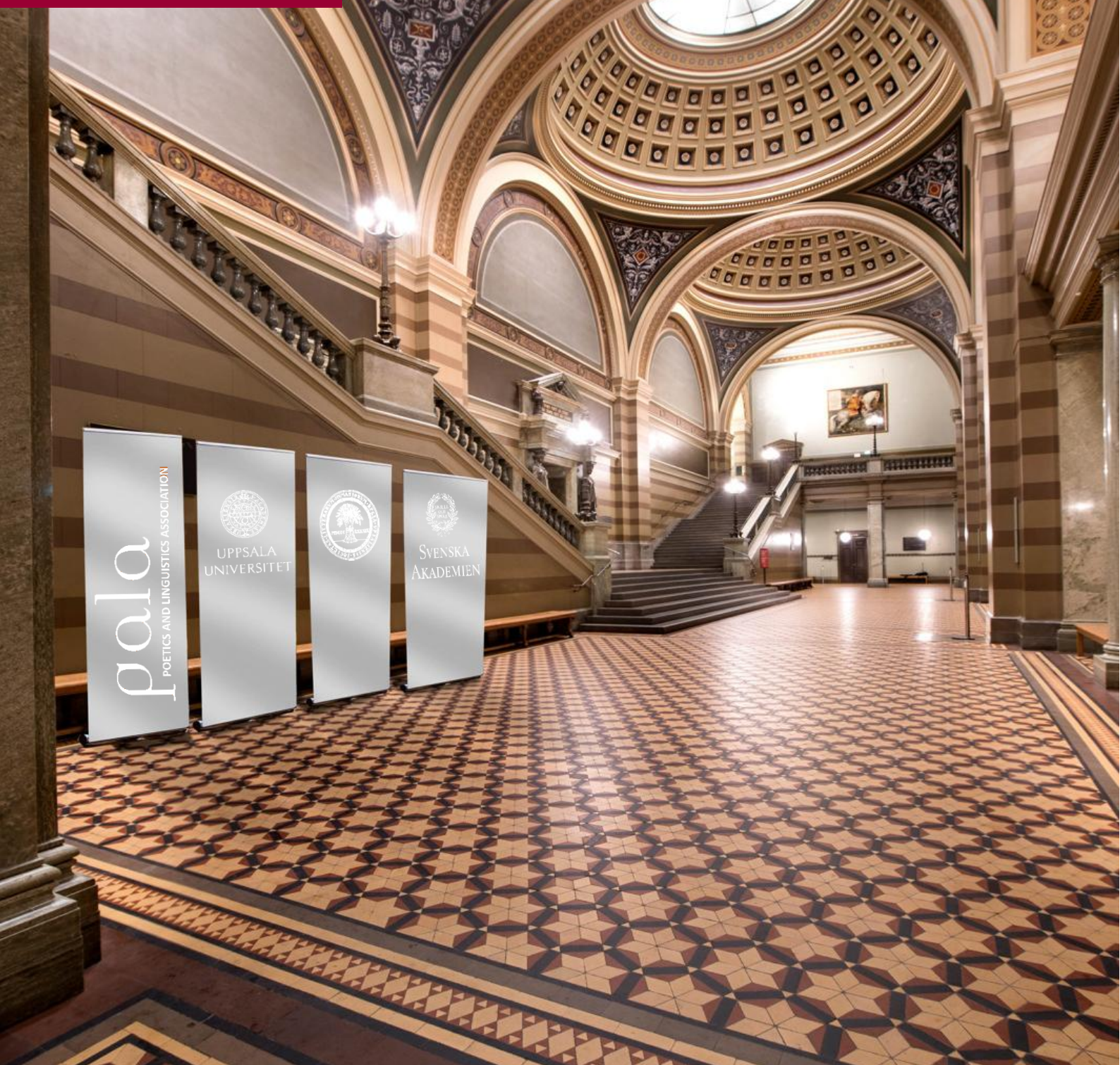




UPPSALA
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PALA 2026
19-22 August



Book of Abstracts

PALA 2026

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The granularity of emotions: stylistics' contribution

Willie van Peer (Ludwig Maximilian University, Germany) and Anna Chesnokova (Borys Grinchenko Kyiv Metropolitan University, Ukraine)

There is sound evidence that one's skill in emotion differentiation, i.e., the ability to distinguish between emotions, considerably contributes to one's well-being. People low in this skill are at higher risk to psychopathology, while those high in it are generally healthier and better able to regulate their emotions.

In this paper we propose that literature is a rich resource to build such granularity of emotions. In it one can find a more elaborate vocabulary as well as more in-depth descriptions of fine-graded distinctions between shades of an emotion. Basically, literature presents scenarios in which characters react to emotional challenges. By differentiating linguistically between gradations of feelings, readers become acquainted with a variety of expressions that distinguish fine-tuned differences between emotions.

Furthermore, literary texts also employ specific devices that compel the reader to reflect on emotional states and processes. We will provide examples of such distinctions and techniques from literary texts, pointing out the high value of forming a better grasp of one's emotional inventory.

Keywords

granularity of emotions, learning about emotions, literature as resource, stylistics of emotion

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